




Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov



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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Hearing Test – (appt) 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Interna. Line Dance 6-8:30 Caregivers Support	3 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:30 Senior Fitness 9-12 Blood Pressure Screening 10-1 AARP Income Tax Assistance (appt) 10:00 Grief Support Group 10:00 Creative Writing 10:30-3 Deaf Seniors 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	4 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:00 International Food Festival 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	5 8:30 Senior Fitness 9-1 AARP Income Tax Assistance (appt) 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	6 9:30-3 Washington on Wheels 8:15-12 55 Alive Class (must register, fee) 8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card games 10:00 Bridge 1-4 AARP Income Tax Assistance (appt) 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 2:00 Parkinson's & Art of Moving (fee) 3:00 Tai Chi
9 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City -appt 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Interna. Line Dance	10 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10-2 AARP Income Tax Assistance (appt) 10:00 Grief Support Group 10:00 Creative Writing 10:30 Indo-American Seniors 11:00 Fremont Paratransit Info & Registration 1:00 Speaker: Long Term Care Planning 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	11 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Pinochle/ Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:30 Afghan Women 7:00 Woodcarvers	12 8:30 Senior Fitness 9-1 AARP Income Tax Assistance (appt) 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	13 8:15-12 55 Alive Class (must register, fee) 8:30 Walkers 9:00 Pinochle, Canasta & Card Games 10:00 Bridge 12:00 Valentines Day Celebration & Lunch \$5, \$6, \$7 1-4 AARP Income Tax Assistance (appt) 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by The Fremontaires 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi
16 Senior Center Closed President's Day 	17 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10-3 AARP Income Tax appt 10:00 Grief Support Group 10:00 Creative Writing 10:30-3 Deaf Seniors 11:00 Fremont Paratransit Info & Registration 11:00 Builders Fund Board visitors welcome 12:45 Crafts 1:00 Builders Fund Annual Meeting 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	18 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	19 8:30 Senior Fitness 9-1 AARP Income Tax Assistance (appt) 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	20 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Dr Wood 9:30 Sr. Commission Meeting 10:00 Bridge 1-4 AARP Income Tax Assistance (appt) 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi 3:30 Russian Club
23 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Internat. Line Dance 7 - 9 Parkinsons Support Group	24 Wente Vineyards Trip 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:30 Senior Fitness 9-12 B. P. Screening 10-4 AARP Income Tax appt 10-12 Aging, Spirituality & Creativity - Library 10:00 Grief Support Group 10:00 Creative Writing 10:30 Indo American Srs. 11:00 Paratransit Info & Reg 1:00 Speaker: Relaxation & Guided Imagery 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	25 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Social Security – appt 1:00 Trip Meeting 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	26 Jackson Casino Trip 8:30 Senior Fitness 9-1 AARP Income Tax Assistance (appt) 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	27 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1-4 AARP Income Tax Assistance (appt) 1:00 Pinochle/ Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi



Thursday, May 20, 6:00-10:00 p.m., Fremont Marriott, Aging & Family Services fundraiser dinner, silent auction, entertainment, and a raffle. Mark your calendar and pick up invitations at the Senior Center Office. The Senior Center staff and volunteers are working on the silent auction. We would love your help!! Call Janice Anderman, 790-6602 for a silent auction assignment to help support all of the services at the Senior Center.